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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Thursday, September 18, 2025

Wise-Compassion Examples

Provide examples of wise compassion

Wise compassion is the blending of empathy and discernment—it means acting with care and kindness without enabling harm, sacrificing integrity, or losing yourself in someone else's pain. It's the balance of heart and wisdom.

Here are some real-world examples across various contexts:

💬 1. Saying "No" with Love

Example: A parent refuses to give their adult child money for the fifth time, knowing it would fuel a pattern of addiction.

Why it's wise compassion: The parent feels empathy but chooses not to enable self-destructive behavior. They may offer help in other ways (e.g., finding rehab), but they hold a boundary.

2. Letting Someone Face Consequences

Example: A teacher allows a student to fail an assignment they neglected, even after asking for last-minute leniency.

Why it's wise compassion: The teacher cares about the student's growth but understands the importance of accountability.

3. Compassionate Truth-Telling in Healthcare

Example: A doctor tells a terminally ill patient the truth about their prognosis while offering emotional support and discussing options with care.

Why it's wise compassion: It honors the patient's dignity and agency, even though the truth is painful.

4. Leading with Kind Accountability

Example: A manager gives honest feedback to an underperforming employee, not to punish but to help them grow—even though it's uncomfortable.

Why it's wise compassion: Avoiding the feedback would be "nice," but not helpful. The leader chooses real care over comfort.

👫 5. Ending a Toxic Relationship Gently

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Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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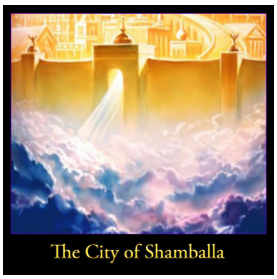

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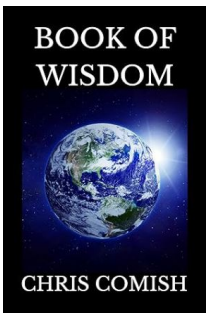

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Example: A person ends a long friendship that has become manipulative. They do it with honesty and kindness, not blame or revenge.

Why it's wise compassion: They recognize the need to protect their own well-being while still wishing the other person well.

6. Forgiving, Not Forgetting

Example: Someone forgives a friend for betrayal but chooses not to re-enter the relationship.

Why it's wise compassion: Forgiveness frees their heart, but wisdom guides their actions. It's not about being a doormat—it's about healing without reopening the wound.

♀ 7. Holding Space, Not Fixing

Example: A friend sits with someone grieving, listening deeply without rushing to make them "feel better" or giving advice.

Why it's wise compassion: It's about presence, not solutions. Sometimes the most compassionate act is just being there.

- September 18, 2025

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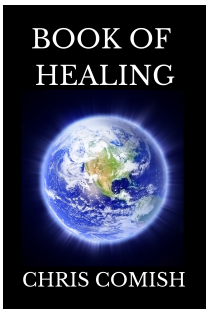

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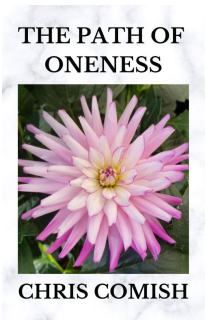

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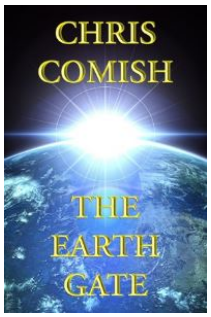

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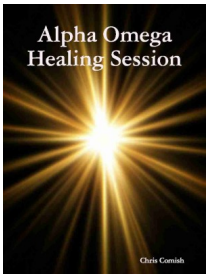

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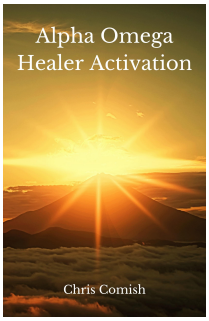

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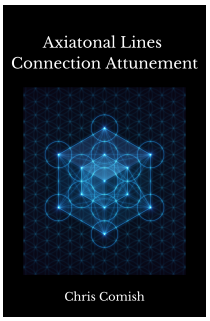

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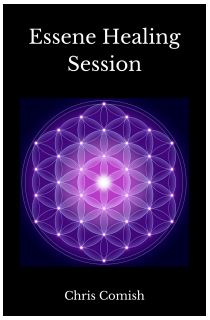

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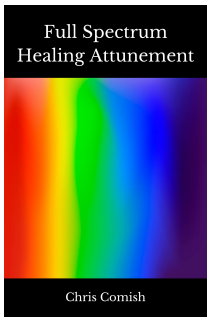

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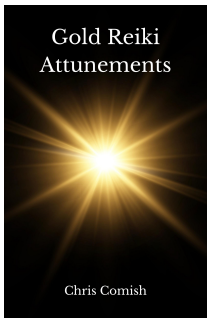

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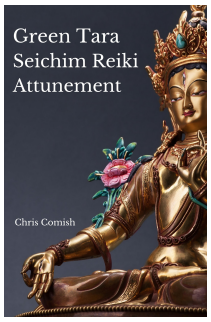

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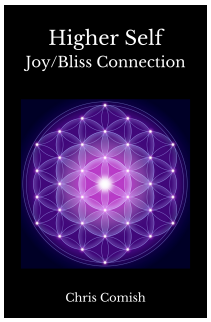

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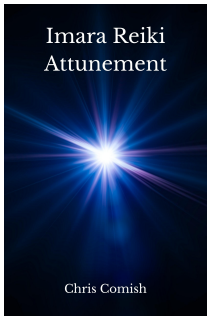

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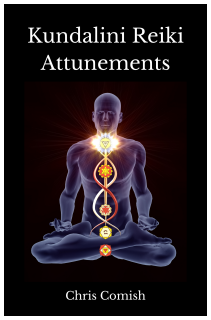

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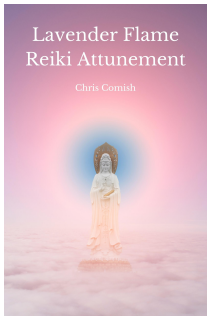

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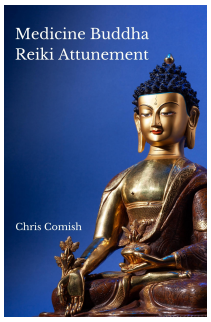

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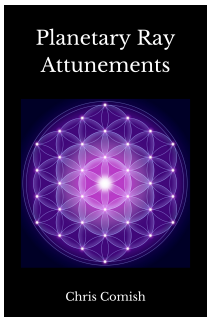

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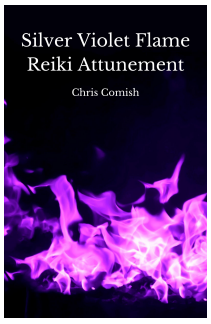

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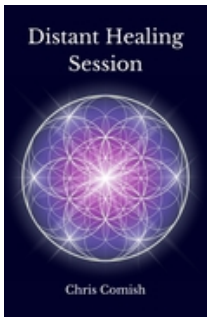

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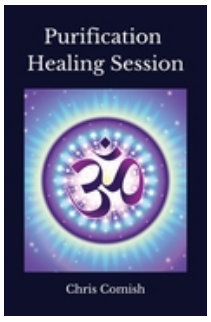

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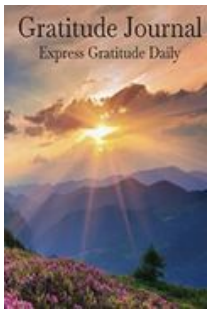

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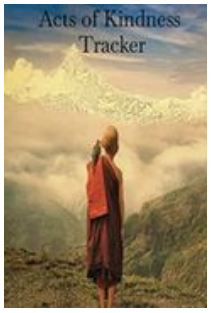

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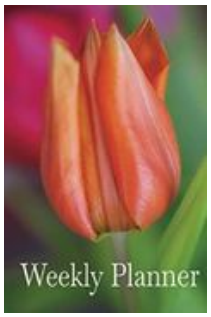

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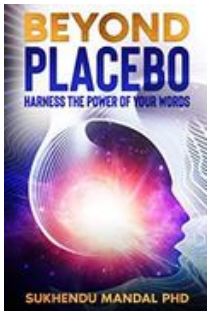

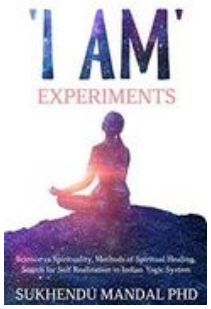

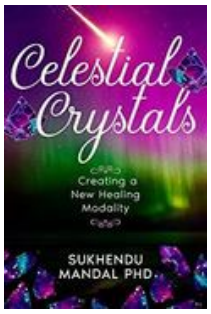

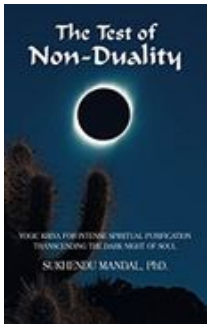

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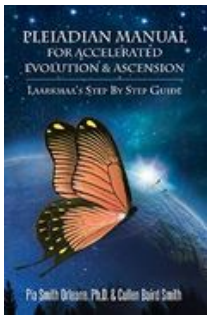

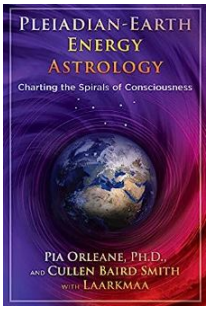
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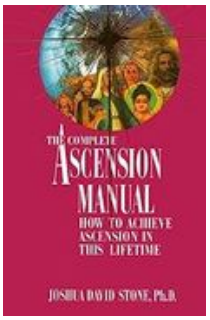
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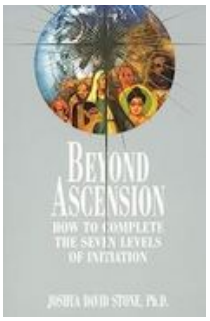
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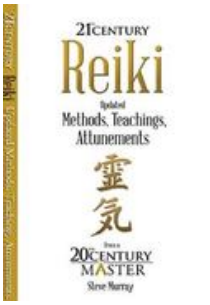
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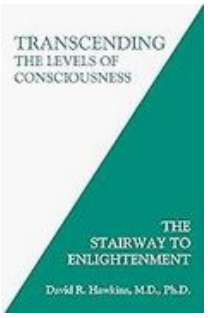
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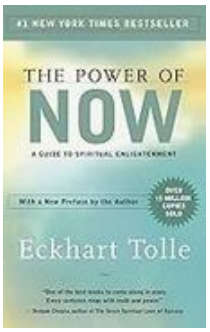
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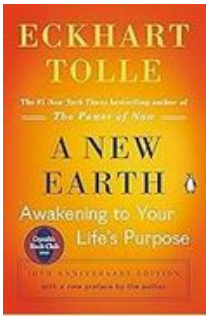
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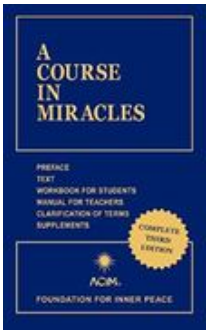
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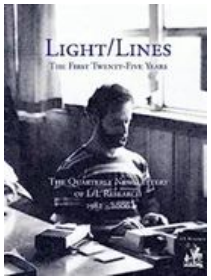
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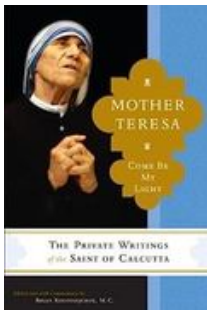
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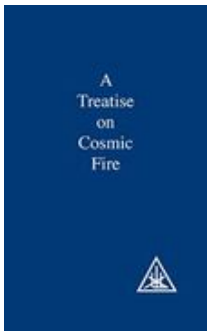
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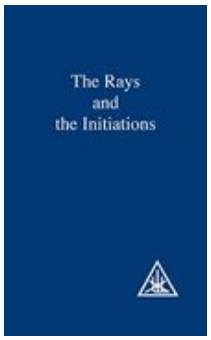
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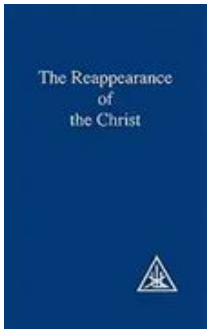
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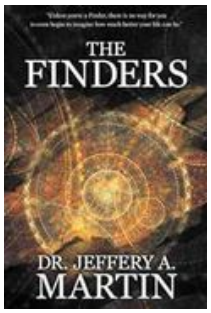
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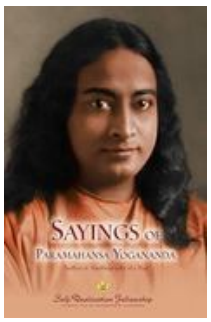
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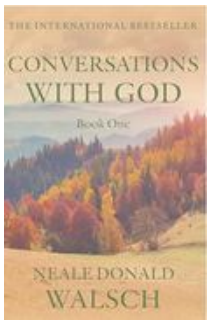
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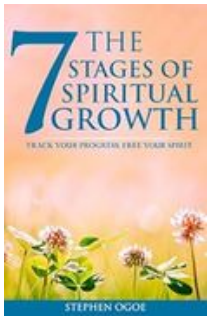
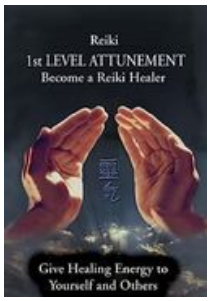
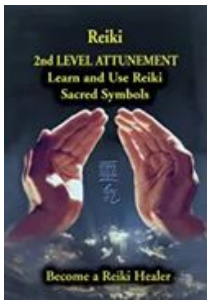
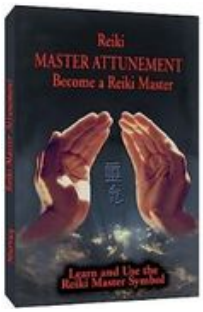
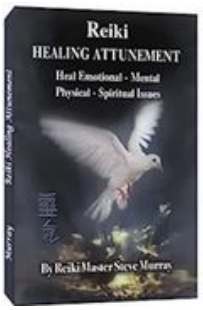


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









Forum - The City of Shamballa Social Network

- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

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